



Embassy of the United States of America
American Citizen Services Branch
24 Grosvenor Square
London, W1A 2LQ

ADVICE AND COUNSELING AGENCIES IN THE UK

This list of information and advice centers is available for people who find themselves needing practical assistance. For further information contact the district Citizen's Advice Bureau (CAB), Department of Social Services, local telephone directory, local library or local police stations in the area in which you reside.

CITIZENS ADVICE BUREAU

Local offices are run by trained volunteers who provide free, independent and confidential advice for debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

National center for England and Wales: 020 7833 2181

Find your local office in the phonebook or www.citizensadvice.org.uk

Common questions are also answered at www.adviceguide.org.uk

SAMARITANS

An organization that provides confidential emotional support 24 hours a day for those struggling with feelings of despair or distress. Services are available over the phone, in person at one of many local branches and through email.

Main Helpline: 0845 790 9090

Central London: 020 7734 2800

Textphone (deaf callers only): 020 8780 2521

E-mail: jo@samaritans.org

CRUSE

The leading charity in the U.K. specializing in bereavement. Branches throughout the UK provide support and advice for those dealing with the loss of a loved one.

Main Helpline: 0870 167 1677

Young Person's Helpline: 0808 808 1677

Web: www.crusebereavementcare.org.uk

E-mail: helpline@crusebereavementcare.org.uk

LONDON BEREAVEMENT NETWORK

Information and support for members of the public who are bereaved and the professionals who support them. Also provides a comprehensive list of bereavement services in the London area.

Tel: 020 7700 8134

Fax: 020 7247 1209

Web: www.bereavement.org.uk

CHILD DEATH HELPLINE

Professionals and parents working to provide listening service that offers emotional support to all those affected by the death of a child. Helpline open 365 days a year, every evening 7:00 – 10:00 pm, Monday to Friday mornings 10:00 am to 1:00 pm and Wednesday afternoons 1:00 – 4:00 pm.

Tel: 0800 282986

Web: www.childdeathhelpline.org.uk

SUPPORT AFTER MURDER AND MANSLAUGHTER (SAMM)

Provides emotional support to those bereaved through murder and manslaughter and works to raise awareness about the effects of such crimes.

Tel: 020 7735 3838

Web: www.samm.org.uk

SCHIZOPHRENIA A NATIONAL EMERGENCY (SANE)

One of the UK's leading charities concerned with improving the lives of everyone affected by mental illness. The organization operates SANELINE, offering support, information, crisis care and general advice from 12 noon to 2am every day of the year.

Mental Health Helpline (SANELINE) – 0845 767 8000

Web: <http://www.sane.org.uk>

AGE CONCERN

An organization that focuses on working with and for older people. Offers support, products and services for all people over 50 related to community care, health, income & benefits, housing, and consumer issues as they affect older people.

Age Concern information line: 0800 00 99 66

National Headquarters Office:

Age Concern England, Astral House, 1268 London Road, London SW16 4ER

Tel: 020 8765 7200, Fax: 020 8765 7211

ALCOHOLICS ANONYMOUS

Network of support to help alcoholics confront and overcome their drinking problems.

National – 0845 769 7555

London – 020 7833 0022

Web: www.aa-gb.com or www.alcoholics-anonymous.org.uk

General Service office:

A.A General Service Office

P O Box 1, Stonebow House, Stonebow, York YO1 7NJ

Tel: 019 0464 4026

AL-ANON FAMILY GROUPS

Resources and support for individuals affected by someone else's drinking problem

Al-Anon Family Groups UK & Eire

61 Great Dover Street, London, SE1 4YF

Tel: 020 7403 0888

Fax: 020 7378 9910

Web: www.al-anonuk.org.uk

WOMEN'S ALCOHOL CENTRE

A service for women concerned about their drinking habits. The centre offers information leaflets in response to phone or mail requests.

66a Drayton Park, Highbury, London N5 1ND

Tel: 020 7226 4581

Fax: 020 7354 8134

ALCOHOL ADVISORY SERVICE

309 Grays Inn Road, Kings Cross, London WC1X 8PQ

Tel: 020 7530 5900

TURNING POINT

A social care organization that provides services for individuals affected by drug and alcohol misuse, mental health and learning disability.

New Loom House, 101 Backchurch Lane, London E1 1LU

Phone: 020 7702 2300

Web: www.turning-point.co.uk

SALVATION ARMY

The Salvation Army has a huge network of social services and resources including counseling and emergency care. Also operates shelters and day centres around the UK.

Headquarters: 101 Newington Causeway, London SE1 6BN
Phone: 020 7367 4500 or 0845 634 0101
Fax: 020 7367 4728
Alcohol Services – 020 7987 5658
Counseling – 020 7383 4822
Family Services – 020 7237 1107
Web: www.salvationarmy.org.uk

VICTIMS SUPPORT NATIONAL ASSOCIATION

A support group offering help and assistance to victims of crime. Call or visit the website to find a local office.

National office: Cranmer House, 39 Brixton Road, London SW9 6DZ,
Tel: 020 7735 9166
Fax: 020 7582 5712
Victim Supportline: 0845 303 0900
Web: www.victimsupport.org.uk

VICTIMS VOICE LEGAL HELPLINE

Tel: 013 2883 0135

RAPE & SEXUAL ABUSE SUPPORT CENTRE

Helpline: 020 8683 3300
Counseling: 020 8683 3311
Web: www.rasasc.org.uk

RIGHTS OF WOMEN (ROW)

Free legal advice for women by women over the phone and information pamphlets available online.

Phone: 020 7251 6577, available Tue, Wed and Thur from 2pm to 4pm and 7pm to 9pm, Fri 12pm to 2pm
Web: www.rightsofwomen.org.uk

WOMEN AGAINST RAPE (WAR)

Offers counseling, support, legal advocacy and information to women and girls who have been raped or sexually assaulted.

Crossroads Women's Centre, 230a Kentish Town Rd, London NW5 2AB

Tel: 020 7482 2496
Fax: 020 7209 4761
Web: www.womenagainstrape.net

WOMEN AGAINST SEXUAL HARASSMENT (WaSH)

The Wheel, 5th Floor, 4 Wild Court (Off Kingsway) London WC2B 4AU
Phone: 020 7405 0430 10am - 4pm Mon-Wed, 6.30pm - 8.30pm Thurs
Fax: 020 7405 0429

WOMEN'S THERAPY CENTRE

Provides advice and information about mental health as well as individual and group psychotherapy for those suffering from mental illness.
10 Manor Gardens, London N7 6JS
Phone for appointments: 020 7263 6200
(12.00 to 14.00 Mon and Thurs, 14.00 to 16.00 on Tues and Wed)
General inquiries: 020 7263 7860
Web: www.womenstherapycentre.co.uk

REFUGE/WOMEN'S AID

Advice and safe houses for women and children experiencing domestic violence.
24 hour national crisis line – 0808 200 0247
Web: www.refuge.org.uk or www.womensaid.org.uk

WOMEN'S HEALTH LONDON

A national voluntary organization that provides services relating to women's health issues.
52 Featherstone Street London EC1Y 8RT
Tel: 020 7251 6333
Fax: 020 7250 4152
Helpline: 0845 125 5254 Monday-Friday: 9.30am - 1.30pm
Web: www.womenshealthlondon.org.uk

WOMEN IN PRISON

Provides assistance and advice for women in prison and advocates for the release of non-violent offenders. Assists with welfare, housing and education for women in prison and helps with their successful readjustment upon release.
3b Aberdeen Studios, 22 Highbury Grove, London N5 2EA

Telephone: 020 7226 5879
Fax: 020 7354 8005
Web: <http://www.womeninprison.org.uk/>

CANCER BACUP

Organization provides a cancer information service with confidential, accurate and up to date information about any aspect of cancer.

3 Bath Place, Rivington Street London EC2A 3JR

Phone: 020 7696 9003

Fax: 020 7696 9002

UK freephone helpline - 0808 800 1234

Web: www.cancerbacup.org.uk

NATIONAL AIDS AND SEXUAL HEALTH HELPLINE

A 24- hour, free and confidential telephone service with advice about HIV/AIDS, sexual health, STD's, local services, clinics and support services.

Free phone: 0800 567 123